朝陽科技大學 095學年度第1學期教學大綱
Nutrition and Meals Planning for Early Childhood 嬰幼兒餐點與營養

當期課號	2111	Course Number	2111
授課教師	嚴金恩	Instructor	YEN,CHIN EN
中文課名	嬰幼兒餐點與營養	Course Name	Nutrition and Meals Planning for Early Childhood
開課單位	幼兒保育系(四日)二B	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	本課程教學目標包括： 1.認識各種營養素之功能及重要性、各種營養素食物的來源並如何攝取均衡營養，以及營養素攝取不當時對身體產生之影響。 2.瞭解嬰幼兒期營養需求、營養照顧、嬰幼兒常見的營養問題。 3.學習嬰幼兒副食品、餐點的設計與製作。	Objectives	The objectives of the course are: 1. To know the function and importance of all kinds of nutrients, food sources of the nutrients, a balanced diet, and the effects of malnutrition to health. 2. To know young children's nutritional needs, health care, and common nutritional problems. 3. To learn how to plan and prepare nutritional meals and snacks for young children.
教材	講義	Teaching Materials	
成績評量方式	期中考 期末考 小組報告/作業	Grading	
教師網頁	_		
教學內容	一、認識各種營養素之功能及重要性 二、瞭解各種營養素的食物來源與均衡飲食 三、瞭解營養素攝取不當時對身體產生的影響 四、瞭解嬰幼兒期的營養需求、營養障礙與營養照顧 五、學習嬰幼兒餐點之設計與製作	Syllabus	The purpose of the course is assist student understand the knowledge of nutrition, the requirement of nutrients in infant and early childhood. The course covers the introduction of nutrition, include function and deficiency symptom and food source of the nutrients. The requirement of nutrients in infant and preschool-age child. How to selection and assessing food intake information. Vegetarian diets for children. Prevention of chronic disease with dietary intervention in childhood.

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